

































MERCER COUNTY NUTRITION PROGRAMS

Program Name:	National Dairy Council Association
Agency/Institution:	The Medical Center at Princeton
Address:	253 Witherspoon St.
County:	Mercer
Phone:	(609) 497-4251
Focus:	Promote healthy eating and exercise program as well as behavior modification strategies for participants to follow the rest of their lives.
Services:	      5
Population served:	Age 18+
Funded by:	Registration Fee.
Fees & Charges:	Yes
Other information:	

Program Name:	Lifesteps Weight Management Program
Agency/Institution:	The Medical Center at Princeton
Address:	253 Witherspoon St.
County:	Mercer
Phone:	(609) 497-4251
Focus:	Promote healthy eating and exercise program as well as behavior modification strategies for participants to follow the rest of their lives.
Services:	      5
Population served:	Age 18+
Funded by:	Registration Fee.
Fees & Charges:	Yes







Program Name:	Diabetic Information
Agency/Institution:	St. Francis Medical Ctr.
Address:	601 Hamilton Ave. Trenton, NJ 08629
County:	Mercer
Phone:	(609) 599-5615
Focus:	Empower diabetics with tools to successfully manage diabetes. Nutrition and exercise thoroughly discussed in each class/program.
Services:	     5
Population served:	Ages 41+ 
Funded by:	External grants
Fees & Charges:	None
Other information:	-







Program Name:	Hypertension Program
Agency/Institution:	St. Francis Medical Center
Address:	601 Hamilton Ave. Trenton, NJ 08629
County:	Mercer
Phone:	(609) 599-5615
Focus:	Increase the knowledge base of the participants with regard to understanding and controlling hypertension and how hypertension is a major risk factor for cardiovascular disease. Heart healthy nutrition is thoroughly discussed as well as cholesterol levels, HDL, LDL, and Triglycerides.
Services:	      5
Population served:	Ages 41+ 
Funded by:	Not funded
Fees & Charges:	None
Other information:	




Program Name:	Mercer County Nutrition Project for the Elderly
Agency/Institution:	Mercer County Office on Aging
Address:	640 South Broad Street, PO Box 8068 Trenton, NJ 08650-0068
County:	Mercer
Phone:	(609) 989-6650
Focus:	To provide nutritional and social support services to all seniors to extend their independence and promote socialization while providing a balanced meal.
Services:	     5
Population served:	 
Funded by:	Federal & Local Municipality
Fees & Charges:	\$1 donation requested
Other information:	Nutrition info. available for participants who are cancer patients and survivors.






MERCER COUNTY





PHYSICAL ACTIVITY PROGRAMS

Program Name:	National Dairy Council Association
Agency/Institution:	The Medical Center at Princeton
Address:	253 Witherspoon St.
County:	Mercer
Phone:	(609) 497-4251
Focus:	Promote healthy eating and exercise program as well as behavior modification strategies for participants to follow the rest of their lives.
Services:	     
Population served:	Age18+
Funded by:	Registration Fee.
Fees & Charges:	Yes
Other information:	

Program Name:	Lifesteps Weight Management Program
Agency/Institution:	The Medical Center at Princeton
Address:	253 Witherspoon St.
County:	Mercer
Phone:	(609) 497-4251
Focus:	Promote healthy eating and exercise program as well as behavior modification strategies for participants to follow the rest of their lives.
Services:	     
Population served:	Age18+
Funded by:	Registration Fee.
Fees & Charges:	Yes
Other information:	

Program Name:	Mercer County Nutrition Project for the Elderly
Agency/Institution:	Mercer County Office on Aging
Address:	640 Broad Street, PO Box 8068 Trenton, NJ 08650-0068
County:	Mercer
Phone:	(609) 989-6650
Focus:	Integrate physical activity with nutrition project.
Services:	
Population served:	 
Funded by:	Local funding by Municipalities.
Fees & Charges:	None
Other information:	-

Program Name:	Hypertension Program
Agency/Institution:	St. Frances Medical Center
Address:	601 Hamilton Ave. Trenton, NJ 08629
County:	Mercer
Phone:	(609) 599-5615
Focus:	The exercise component is to show the correlation between exercise and the decrease in one's blood pressure improving cardiovascular health.
Services:	   
Population served:	Ages 41+ 
Funded by:	Not funded
Fees & Charges:	None
Other information:	-

Program Name:	Diabetic Education
Agency/Institution:	St. Frances Medical Center
Address:	601 Hamilton Ave. Trenton, NJ 08629
County:	Mercer
Phone:	(609) 599-5615
Focus:	Empower diabetics to understand the vital link between exercise and all of the positive effects it has on blood sugar management.
Services:	  
Population served:	Ages 41+ 
Funded by:	External grants
Fees & Charges:	None
Other information:	-